

## **Amendments to the Claims**

This listing of claims will replace all prior versions, and listings, of claims in the application:

### **Listing of Claims:**

Claims 1-19 (*Canceled*)

20. (New) A personal subjective health tracker comprising:
  - a portable data logger configured to collect subjective data from a subject regarding the subject's medical condition;
  - a time base which tracks a time of recording of the data;
  - a data storage unit in which the data is stored with reference to the time base; and
  - a modem for sending data from the data logger to a central database, wherein the data logger is configured to directly connect to the modem, and the modem is capable of directly connecting to a communication network.
21. (New) A personal subjective health tracker according to claim 20, wherein the communication network comprises a telephone network.
22. (New) A personal subjective health tracker according to claim 20, wherein the modem is capable of sending data to the central database from one or more points of access to the communication network that are remote to the central database.
23. (New) A personal subjective health tracker according to claim 20, wherein the modem communicates with a local network access computer.

24. (New) A personal subjective health tracker according to claim 20, wherein the modem is an external modem.
25. (New) A personal subjective health tracker according to claim 20, wherein the subjective data comprises subjectively observed physiological data.
26. (New) A personal subjective health tracker according to claim 20, wherein the subjective data comprises psychological data.
27. (New) A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding the subject's amount of sleep.
28. (New) A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding the subject's mood.
29. (New) A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding pain experienced by the subject.
30. (New) A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding side effects experienced by the subject.
31. (New) A personal subjective health tracker according to claim 20, wherein the subjective data comprises information regarding medication taken by the subject.
32. (New) A personal subjective health tracker according to claim 20, wherein the subjective data comprises the subject's handwriting.
33. (New) A personal subjective health tracker according to claim 20, wherein the health tracker further comprises a monitor that senses a physiological parameter of the subject.

34. (New) A personal subjective health tracker according to claim 20, wherein the data logger includes a stylus.
35. (New) A personal subjective health tracker according to claim 20, wherein the data logger includes a touch screen.
36. (New) A personal subjective health tracker according to claim 20, wherein the data logger accepts messages entered by the subject.
37. (New) A personal subjective health tracker according to claim 20, wherein the data logger accepts messages entered by the subject by writing.
38. (New) A personal subjective health tracker according to claim 37, wherein the data logger includes a digitizer that generates a digitized representation of the writing.
39. (New) A personal subjective health tracker according to claim 38, wherein the data logger is capable of sending the digitized representation of the writing to the central database.
40. (New) A personal subjective health tracker according to claim 20, wherein the data logger includes character recognition software.
41. (New) A personal subjective health tracker according to claim 20, wherein the data logger is handheld.
42. (New) A personal subjective health tracker according to claim 20, further comprising a data receiver for receiving a health data message intended for the subject.

43. (New) A personal subjective health tracker according to claim 42 wherein the message intended for the subject includes a question.
44. (New) A personal subjective health tracker according to claim 20, wherein the data logger provides at least one data prompt to the subject, wherein the data prompt is in graphical format.
45. (New) A personal subjective health tracker according to claim 20, wherein the data logger provides at least one data prompt to the subject, wherein the data prompt comprises an image of the human body.
46. (New) A personal subjective health tracker according to claim 20, wherein the data logger provides at least one data prompt to the subject, wherein the data prompt comprises a signature space.
47. (New) A personal subjective health tracker according to claim 20, wherein the data is periodically sent to the central database.
48. (New) A personal subjective health tracker according to claim 20, wherein the central database is capable of connecting to multiple physician offices.
49. (New) A health data messaging apparatus comprising:
  - a portable health data collection device configured to collect subjective data from a subject regarding the subject's medical condition;
  - a time base which tracks a time of recording of the data;
  - a data storage unit in which the data is stored with reference to the time base; and
  - a modem for sending health data messages to a central database and for receiving messages wherein the portable health data collection device is configured to directly connect to the modem, and the modem is capable of directly connecting to a communication network.

- 50. (New) The health tracking system according to claim 49 wherein the collected data is for use by a reviewer.
- 51. (New) The health tracking system according to claim 49 wherein data in the central database is accessible over a network.
- 52. (New) The health tracking system according to claim 49 wherein the central database collects data from a plurality of health trackers.
- 53. (New) The health tracking system according to claim 52 wherein the central database transmits the data from the plurality of health trackers to a common database.
- 54. (New) The health tracking system according to claim 49 wherein the central database comprises a plurality of databases.
- 55. (New) The health tracking system according to claim 49 wherein the time base of the health tracker is synchronized with a time base of the central database when communication is established between the data communication device and the central database.
- 56. (New) The health tracking system according to claim 49 wherein the data is stored in the data storage unit and in the central database.